

OBJECTIVES

Understand the origin of products reduced in sugar and fat, and diseases derived of it

Know the definition, classification and current legislation of food additives

Look for fat replacers used in this products and its classification

Identify and classify substances used for the control of texture

Find out the definition and nutritional recommendations of light and zero products.

Search for the additives used in this products

Classify sweeteners used in food industry and its application

Apply all this contents in market products

CONCLUSIONS

- * The excessive consumption of sugar and fat can be harmful for the organism, causing diseases like obesity or diabetes. This is the reason why these products have been emerging over the years.
- * Sugar and fat contribute to the flavour, aroma and texture of food, so they are important to maintain the typical characteristics of products.
- * To make all these products keeping their characteristics once the fat and sugar content has been reduced, the food industry uses additives. There are multiple types of additives classified according to their functions.
- * It has been possible to prove the use of these additives in products of the market, respecting the nutritional recommendations.

Additives used in this products

Fat replacers

Substitute the reduced fat maintaining its properties. They are classified according to the characteristics and origin.

Sweeteners

Substances used to give sweet taste. are classified according to the origin and the caloric content.

Hydrocolloids

They provide to the aliments properties like stability, thickening and gelation. They are classified according to their origin.

Flavour enhancers

They intensify the flavour.

Aromas

Products not assigned for consumption, that are added to foods to provide a flavour, an odour, or to modify it.